# Womens Health

The doctors consulting from East Sydney Doctors are committed to providing a full range of women's health care. This includes sexual health checks, PAP smears, breast checks, menopause management, contraceptive advice and help with fertility concerns, pregnancy and antenatal care. Women also benefit from preventative health strategies to achieve healthy weight and exercise, lower risks of heart disease, cancer and diabetes.

Many of the doctors we support have additional training in women's health and can help you with a range of conditions including:

**Reproductive Health:**
- Menstrual irregularities (e.g., heavy periods, irregular cycles)
- Menstrual pain (dysmenorrhea)
- Premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD)
- Contraception counseling and management

**Menopause and Perimenopause:**
- Management of symptoms such as hot flashes, night sweats, and mood swings
- Hormone replacement therapy (HRT) consultation and management

**Sexual Health:**
- Sexual dysfunction (e.g., low libido, pain during intercourse)
- Screening and treatment for sexually transmitted infections (STIs)
- Fertility concerns or family planning

**Breast Health:**
- Breast pain or tenderness
- Breast lumps or masses (evaluation for breast cancer)
- Breastfeeding support and lactation issues

**Gynecological Conditions:**
- Pelvic pain or discomfort
- Endometriosis
- Polycystic ovary syndrome (PCOS)
- Fibroids
- Pelvic inflammatory disease (PID)

**Urinary Tract Health:**
- Urinary tract infections (UTIs)
- Incontinence issues (stress incontinence, urge incontinence)
- Pelvic organ prolapse

**Mental Health:**
- Depression and anxiety disorders
- Postpartum depression
- Body image concerns and eating disorders

**Osteoporosis and Bone Health:**
- Screening for osteoporosis, especially post-menopause
- Management and prevention strategies for osteoporosis

**Cardiovascular Health:**
- Screening and management of risk factors for heart disease and stroke (e.g., high blood pressure, high cholesterol)

**Thyroid Disorders:**
- Hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid)
- Thyroid nodules or goiter

**Skin Conditions:**
- Acne
- Skin changes related to hormonal fluctuations (e.g., acne, oily skin, pigmentation changes)

These are all just some of the common health concerns that women may discuss with one of the independent doctors consulting from East Sydney Doctors. Seeking timely medical advice for these issues can lead to appropriate management and treatment.

## Book an appointment with your doctor

Click Here

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**Social**

**Our Other Locations**

Taylor Square Private Clinic

Bondi Road Doctors

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